

# September 2025

## Lower North



| Sunday                                                                                                                                                                         | Monday                                                                                                                                                                                                                                                                         | Tuesday                                                                                                                                                                                                                   | Wednesday                                                                                                                                                                                                                                                                                                                                                                                         | Thursday                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                         | Saturday                                                                                                                                                             |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                | 1<br>                                                                                                                                                                                         | 2<br>10:00 Art Studio Open<br>10:00 Bingo (Town Hall)<br>1:30 Active Games<br>1:30 Art Studio Open<br>3:00 Sing-a-long<br>3:00 Cribbage (Art Studio)<br>4:00 Heart for Music                                              | 3<br>LN Studio Day<br>10:00 Circle Time with BACI Daycare (Main Street)<br>10:00 Shuffleboard & Pool (Art Studio)<br>10:30 Mahjong (Art Studio)<br>12:00 Lunch at the Movies (Town Hall)<br>1:30 Creative Corner (Art Studio)<br>1:30 Hand Chime Choir (MT)<br>3:00 Individual Music Therapy (MT)                                                                                                 | 4<br>10:30 Art Studio Open<br>10:30 Catholic Mass (Town Hall)<br>10:30 Exercise<br>1:30 Active Games<br>1:30 Art Studio Open<br>1:30 Main Street Music Jam!<br>1:30 Trivia (music)<br>3:00 Multisensory Room<br>3:00 Roll, Wheel & Stroll<br>4:00 Heart for Music<br>4:00 Helping Hands: Garden watering                                                             | 5<br>10:00 Bingo<br>11:00 Heart for Music<br>1:00 Mahjong (Main Street)<br>2:00 Town Hall Pub with Peter Williams<br>4:00 Helping Hands: Garden Watering       | 6<br>10:00 Gentle Stretches and movement<br>11:00 Heart for Music<br>1:30 Community Centre (Art Studio)<br>3:30 Garden walks<br>4:00 Helping Hands: Garden watering  |
| 7<br>10:00 Hymn Sing (Art Studio)<br>10:45 Tea & Chat (Art Studio)<br>1:30 Spa & Relaxation<br>3:00 Ice Cream Social (Grandparents Day)<br>4:00 Helping Hands: Gardening       | 8<br>10:00 Pet Visits with Oreo<br>10:00 Yogasize<br>11:00 Walks and Talks<br>1:30 Sing-a-long<br>1:30 Musical Bingo<br>1:30 Veterans Group with Michelle (Main Street)<br>3:00 Name that Famous Face<br>3:00 Word Discovery game<br>4:00 Heart for Music<br>4:00 Sensory Cart | 9<br>10:00 Art Studio Open<br>10:00 Bingo (Town Hall)<br>1:30 Art Studio Open<br>1:30 Chinese Tea Appreciation (MN Lounge)<br>3:00 Multisensory Room<br>3:00 Cribbage (Art Studio)<br>4:00 Helping Hands: Garden watering | 10<br>LN Studio Day<br>10:00 Creative Corner with BACI Daycare (Art Studio)<br>10:00 Mother Goose: Intergenerational Program (Town Hall)<br>10:00 Music and Memories (MT)<br>10:30 Mahjong (Art Studio)<br>1:30 Shuffle Board (Art Studio)<br>2:00 Country of the Month: Chile (Town Hall)<br>3:00 Individual Music Therapy (MT)<br>3:00 Magic Table (Art Studio)<br>3:45 Library Book Collection | 11<br>10:30 Art Studio Open<br>10:30 Catholic Mass (Town Hall)<br>10:30 Gentle Stretches and movement<br>1:30 Active Games<br>1:30 Art Studio Open<br>1:30 Main Street Music Jam!<br>1:30 Resident Council Meeting (Town Hall)<br>1:30 Trivia (Country)<br>3:00 Multisensory Room<br>3:00 Roll, Wheel & Stroll<br>4:00 Library Book Delivery<br>4:00 Heart for Music | 12<br>10:00 Bingo<br>11:00 Heart for Music<br>1:00 Mahjong (Main Street)<br>2:00 Town Hall Pub with Mike & Marie Cronin<br>4:00 Helping Hands: Garden Watering | 13<br>10:00 Gentle Stretches and movement<br>11:00 Heart for Music<br>1:30 Community Centre (Art Studio)<br>3:30 Room visit<br>4:00 Helping Hands: Garden watering   |
| 14<br>10:00 Hymn Sing (Art Studio)<br>10:45 Tea & Chat (Art Studio)<br>1:30 Ice Cream Social<br>3:00 Music with Jae-Won & Friends (Town Hall)<br>4:00 Helping Hands: Gardening | 15<br>10:00 Chair Exercise & Stretch<br>10:00 Name that Tune<br>11:00 Room Visits<br>1:30 Piano with Murray<br>2:15 Music with John Knox School (Town Hall)<br>3:00 Crosswords<br>4:00 Heart for Music<br>4:00 Helping Hands: Gardening                                        | 16<br>10:00 Art Studio Open<br>10:00 Bingo (Town Hall)<br>1:30 Active Games<br>1:30 Art Studio Open<br>2:00 Cribbage (Art Studio)<br>3:00 Jeopardy Trivia<br>4:00 Heart for Music                                         | 17<br>LN Studio Day<br>10:00 Mother Goose: Intergenerational Program (Town Hall)<br>10:00 Circle Time with BACI Daycare (Main Street)<br>10:00 Shuffleboard & Pool (Art Studio)<br>10:30 Mahjong (Art Studio)<br>1:30 Baking Chocolate chip Cookies<br>1:30 Hand Chime Choir (MT)<br>3:00 Individual Music Therapy (MT)<br>3:00 Magic Table (Art Studio)                                          | 18<br>10:30 Art Studio Open<br>10:30 Catholic Mass (Town Hall)<br>11:00 RCL #229: Whalley Lunch Outing<br>1:30 Art Studio Open<br>1:30 Main Street Music Jam!<br>3:00 Multisensory Room                                                                                                                                                                              | 19<br>10:00 Bingo<br>11:00 Heart for Music<br>1:00 Mahjong (Main Street)<br>2:00 Town Hall Pub with Michael Turner<br>4:00 Helping Hands: Garden Watering      | 20<br>10:00 Gentle Stretches and movement<br>11:00 Heart for Music<br>1:30 Community Centre (Art Studio)<br>3:30 Garden walks<br>4:00 Helping Hands: Garden watering |
| 21<br>10:00 Hymn Sing (Art Studio)<br>10:45 Tea & Chat (Art Studio)<br>1:30 Men's Group Chat & Reminisce<br>3:30 Book Club                                                     | 22<br>10:00 Chair Exercise & Stretch<br>11:00 Outdoor walk<br>1:30 Sing-a-long<br>3:00 Word Discovery game<br>4:00 Heart for Music                                                                                                                                             | 23<br>2:00 Fall Fair! (Town Hall)<br>4:00 Heart for Music                                                                                                                                                                 | 24<br>LN Studio Day<br>10:00 Creative Corner with BACI Daycare (Art Studio)<br>10:00 Mother Goose: Intergenerational Program (Town Hall)<br>10:00 Music and Memories (MT)<br>1:30 Shuffle Board (Art Studio)<br>2:00 Birthday Party with Shawn McKee (Town Hall)<br>3:00 Individual Music Therapy (MT)<br>3:00 Magic Table (Art Studio)                                                           | 25<br>10:30 Art Studio Open<br>10:30 Catholic Mass (Town Hall)<br>10:30 Gentle Stretches and movement<br>1:30 Active Games<br>1:30 Art Studio Open<br>1:30 Main Street Music Jam!<br>1:30 Trivia (Famous people)<br>3:00 Multisensory Room<br>3:00 Roll, Wheel & Stroll<br>4:00 Heart for Music<br>4:00 Helping Hands: Garden Watering                               | 26<br>10:00 Bingo<br>11:00 Heart for Music<br>2:00 Town Hall Pub with The Fabulous Fera Brothers<br>4:00 Helping Hands: Garden Watering                        | 27<br>10:00 Gentle Stretches and movement<br>11:00 Heart for Music<br>1:30 Community Centre (Art Studio)<br>3:30 Room visit<br>4:00 Helping Hands: Garden watering   |
| 28<br>10:00 Hymn Sing (Art Studio)<br>10:45 Tea & Chat (Art Studio)<br>1:30 Spa & Relaxation<br>3:30 Book Club                                                                 | 29<br>10:00 Yogasize<br>11:00 Room Visits<br>1:30 Jeopardy Trivia<br>4:00 Heart for Music                                                                                                                                                                                      | 30<br>                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                |                                                                                                                                                                      |

\*Please note that programs are subject to change without notice